



Crawfish Etouffee

Chef Darren Chifici, Deanie's Seafood

Ingredients:

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| 1 lb. Crawfish tails (packaged with fat) | 3 sprigs parsley (chopped) |
| 1 small to medium onion (chopped) | $\frac{3}{4}$ stick butter or margarine |
| $\frac{1}{2}$ bell pepper (chopped) | 1 tbsp. flour or blonde roux |
| 1 rib celery (chopped) | 2 cups chicken stock |
| 3 green onions (chopped) | 2 cups cooked rice, or
4 servings cooked pasta |

Instructions:

Chop bell pepper, celery, garlic, onions, parsley and green onions. Sauté all vegetables in butter over medium heat until translucent. Add crawfish tails and let cook for a few minutes. Add flour or roux and cook until evenly distributed. Add chicken stock a little at a time until it becomes the consistency of a thick soup.

Add hot sauce to taste and cook for a few minutes. Serve over rice or pasta.

